

# Fall 2017 Program Guide

## Abbotts Creek Community Center

### Preschool & Youth Programs

#### Abbotts Creek Sport Karate (5yrs and up)

Abbotts Creek Sport Karate will increase core training, bring sport into the field of martial arts to compete at the highest level while also improving balance, hand eye coordination, confidence, and respect. Looking for something to do with your child? Parents are welcome to sign up too! Instructor is Frank Pierce.

#208535	Sep 6-27	W	6:30-7:30pm
#208236	Oct 4-25	W	6:30-7:30pm
#208237	Nov 1-29	W	6:30-7:30pm
#208238	Dec 6-20	W	6:30-7:30pm

**Course Fee: \$40/4 classes**

#### Arts, Crafts & Activities (2-5yrs)

Join your friends at Abbotts Creek Community Center for crafts, games, and activities to celebrate a different theme each month! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather is appropriate) and active games! Class will resume its regular 1st Wednesday of the month schedule in September.

##### *Mad Scientists*

#208543	Sep 6	W	10:00-10:45am
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##### *On the Farm*

#208554	Oct 4	W	10:00-10:45am
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##### *Things that Move*

#208545	Nov 1	W	10:00-10:45am
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##### *Season's Greetings*

#208546	Dec 6	W	10:00-10:45am
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**Course Fee: \$8/class**

#### Lil Kicks Karate (3-5yrs)

Children will gain the edge by learning American Karate, the kid-friendly way to develop the important skills necessary to make the right choices. they learn life skills to help them succeed. Students will also practice physical techniques to develop motor skills, coordination, and just plain have fun while learning at the same time. Instructor is Frank Pierce.

#208902	Sep 6-27	W	5:30-6:00pm
#208903	Oct 4-25	W	5:30-6:00pm
#208904	Nov 1-29	W	5:30-6:00pm
#208905	Dec 6-20	W	5:30-6:00pm

**Course Fee: \$28/4 classes**

#### smALL Stars - All Sports (3-5yrs)

Need to know: Introduce your future all-star to various sports in this fun and engaging look at sports for preschoolers. Your child will learn the basics of different sports while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#208984	Sep 2-23	Sa	9:15-10:00am
#208982	Sep 7-28	Th	4:45-5:30pm
#208985	Oct 7-28	Sa	9:15-10:00am
#208983	Oct 5-26	Th	4:45-5:30pm

**Course Fee: \$40**

#### smALL Stars - Baseball (3-5yrs)

Need to know: Introduce your future all-star to baseball in this fun and engaging look at baseball for preschoolers. Your child will learn the basics of baseball while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#208976	Sep 11-25	M	4:45-5:30pm
#213210	Oct 8-29	M	4:45-5:30pm

**Course Fee: \$40**

#### smALL Stars - Basketball (3-5yrs)

Need to know: Introduce your future all-star to basketball in this fun and engaging look at basketball for preschoolers. Your child will learn the basics of basketball while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#208978	Sep 5-26	Tu	4:45-5:30pm
#208979	Oct 3-24	Tu	4:45-5:30pm

**Course Fee: \$40**

#### smALL Stars - Soccer (3-5yrs)

Need to know: Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#208980	Sep 6-27	W	4:45-5:30pm
#208981	Oct 4-25	W	4:45-5:30pm

**Course Fee: \$40**

#### Tech-Reation (5-11yrs)

Combine your child's passion for technology with the developmental benefits of recreation in this unique and exciting class! Participants will take part in digital treasure hunts and obstacle courses enhanced by gadgets - all while encouraging the important place that technology and recreation play in our day-to-day lives!

#208574	Sep 11-25	M	6:00-7:00pm
#208575	Oct 2-23	M	6:00-7:00pm
#208576	Nov 6-27	M	6:00-7:00pm
#208577	Dec 4-18	M	6:00-7:00pm

**Course Fee: \$40/4 classes**

### Family Opportunities

#### Boo Bash at Millbrook Exchange CC (All ages)

Get your costume ready and come be a part of District 1's Annual Boo Bash! Visit one of our decorated vehicles for some trunk-or-treating, make a SPOOKtakular craft, try your hand at some FANGtastic games, and just fall into fun! Take a walk through our Spooky Bus (both scary and non-scary versions are available). Don't miss out on this happy haunting event for the whole family! #210912 Oct 27 F 6:00-8:00pm

#### Movie in the Park (All ages)

Come out to Abbotts Creek Community Center for a movie in the park! Bring a towel or blanket and a snack. We will supply a family-friendly movie! Looks like rain? Don't worry. We have a backup plan! Preregistration is requested but not required.

#208563	Sep 1	F	7:00-9:00pm
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**Abbotts Creek Community Center**

9950 Durant Rd.  
Raleigh, NC 27614  
(919) 996-2770



## Adult Fitness Programs

### Functional Fitness for Everyday Living (18yrs and up)

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This is full-body workout that will focus of muscle endurance and total body stability. In this class you will be encouraged to move at a slower pace to ensure that proper form is followed and that you 'feel' your workout. Class will resume it's regular Friday sessions in September.

#### Wednesday morning

#209190	Sep 6-27	W	9:30-10:15am
#209191	Oct 4-25	W	9:30-10:15am
#209192	Nov 1-29	W	9:30-10:15am
#209193	Dec 6-27	W	9:30-10:15am

#### Friday morning

#209194	Sep 1-29	F	9:30-10:15am
#209195	Oct 6-27	F	9:30-10:15am
#209196	Nov 3-17	F	9:30-10:15am
#209197	Dec 1-29	F	9:30-10:15am

**Course Fee: \$8/1 month of classes**

### Prenatal Yoga (16yrs and up)

Prenatal Yoga employs posture, breathing and meditation to help ease pregnancy, delivery and the after-effects of birth. This class creates strength, focus, flexibility and awareness through a gentle practice designed especially for pregnant women. Classes provide a safe, peaceful, and supportive environment for expectant mothers and are a wonderful way to connect with other mothers-to-be. Yoga helps to alleviate many of the discomforts of pregnancy, such as heartburn, nausea, constipation, varicose veins, swelling, back pain and sciatica. The classes are appropriate for both new and experienced students. Doctors permission is required for this class. Instructor: Sierra Luz.

#208565	Sep 7-28	Th	7:15-8:00pm
#208566	Oct 5-26	Th	7:15-8:00pm
#208567	Nov 2-30	Th	7:15-8:00pm
#208568	Dec 7-28	Th	7:15-8:00pm

**Course Fee: \$40/4 classes**

### Slow Flow Yoga (16yrs and up)

This slow-flow and restorative yoga class is suitable for beginners and intermediate participants alike. Explore the synthesis of movement, breath and energy. We begin with a gentle warm-up before transitioning into more challenging poses designed to build strength, balance, flexibility, stress relief and composed calm. You will learn to honor and work with your individuality, experiencing for yourself the yogic wisdom of 'unity through diversity.' Students should bring a yoga mat and towel to class. Not sure if Slow Flow Yoga for you? Give the class a 'go' one time with the 'Try it Class'.

#208569	Sep 7-28	Th	6:15-7:00pm
#208570	Oct 5-26	Th	6:15-7:00pm
#208571	Nov 2-30	Th	6:15-7:00pm
#208572	Dec 7-28	Th	6:15-7:00pm

**Course Fee: \$40/4 classes**

## Drop in Fitness Opportunities

**All drop in fitness opportunities are \$5/class and are registered on site before class begins.**

### Cardio Fuze (18yrs and up)

Our bodies were made to move! This easy to follow class is designed to make you sweat, get your heart rate up, and burn some calories! Our total-body workouts combine both cardio and strength conditioning. You will see and feel results in a high-energy, music-filled environment where every class feels new, fun, and exciting! Instructor is Erica Ray

Saturdays: 9:15-10:00am

### CardioKick (18yrs and up)

CardioKick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for a class Thursday evenings for only \$5! Instructor is Shontera Gillespie-Coleman.

Thursdays: 6:30-7:30pm

### Soul Line Dance & Get Fit (18yrs and up)

This is a beginner/advanced beginner line dance class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-moderate pace. We will learn and practice some great cardio workouts and low, medium and high-impact soul line dances. Come prepared to move, sweat and have fun! Class meets every Sunday.

Sundays: 3:00-4:30pm

### PiYo Live (18yrs and up)

PiYo LIVE combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility of yoga movements. You'll use your body weight to perform a series of continuous, targeted movements to define every single muscle, big or small, and get a great cardio, low impact workout.

Tuesdays: 9:00-10:00am

Wednesdays: 6:15-7:15pm

### Stretch and Release (12yrs and up)

Learn how to properly stretch your entire body and release any tension in your muscles by using a variety of techniques that will improve your range of motion with instructor Alejandra Lujan. Exercises in this class will be done mostly on the floor then end with a relaxation period and series of breathing techniques to let go of any stress. Be sure to bring a yoga mat to each class.

Tuesdays: 6:30-7:15pm

### Zumba® (12yrs and up)

Zumba® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba, and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer - join the Zumba® fun!

Wednesdays: 7:30-8:30pm



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parks.raleighnc.gov

To view a complete list of programs pick up a Leisure Ledger or visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and search keywords "Parks Publications".





## Free Open Play/Gym Opportunities

### Game Time for Active Adults (18yrs and up)

Looking for a place to play a hand of cards, put down a 'Tans' in Mahjong, or hit a hole in one in a round of digital golf on a Wii? Join your friends at Abbotts Creek Community Center for games and socializing every Tuesday and Wednesday afternoon.

Tuesdays and Wednesdays from 1:00-3:00

**Course Fee: Free**

### Senior Open Play Basketball (40yrs and up)

Join fellow active adults in your area for a game of hoops each Monday evening at Abbotts Creek Community Center! ID is required. Play starts at 6:30pm!

Mondays 6:30-8:30pm

### Tot Time (5yrs and under)

The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Registration (online or on site) is required to attend.

Mon/Wed/Fri 7:00-12:00pm

Tues/Thurs 1:00-3:00pm

### Open Play Volleyball (All ages)

Interested in volleyball? Visit Abbotts Creek Community Center on Friday nights for volleyball open gym meet up.

Fridays 4:00-8:00pm

### Indoor Baseball (18yrs and up)

Join us at Abbott's Creek this fall for open gym indoor baseball for adults. Don't have a team? No problem! Just show up and meet new friends. Call 919-996-2770 for more information. Open play runs through Mid-November.

**Course Fee: Free**

### Simply Dancing (18yrs and up)

Need to know: Beginner dancers will learn the basics of the Rumba. Don't have a partner? No problem! Both individuals and couples are welcome to join in!

Tuesday evenings from 6:30-7:30 starting in September

**Course Fee: \$40/4 classes**

## Fitness Center

### Abbotts Creek Fitness Center (18yrs and up)

Check out the fitness room at Abbotts Creek! Take advantage of the variety of state of the art cardiovascular and strength training equipment available and get into shape. The fitness room is open during normal center operating hours (Mon-Fri 7:00am-9:00pm, Sat 9:00am-3:00pm, and Sun 1:00pm-6:00pm). See staff for additional information.

**Monthly Pass: \$15; Daily Pass: \$2**

## Did you know?

### Abbotts Creek Community Center is for everyone!

Our community center is YOUR community center! No membership fees or dues are required to have access to the center! All programs, activities, and spaces are available to anyone at a reasonable price! Talk with Center staff for more information on what we offer!

### We want to hear from you!

Abbotts Creek staff love receiving feedback! Please let us know if you have ideas for how we can better serve you! Send us an email ([Abbotts.Creek@RaleighNC.gov](mailto:Abbotts.Creek@RaleighNC.gov)), call us (919-996-2770), or drop by (9950 Durant Rd.). We also have a feedback board coming soon to the Center lobby!

### Abbotts Creek Greenway Connection

The Abbotts Creek greenway connection opened over the summer! Check it out!

### Rentals

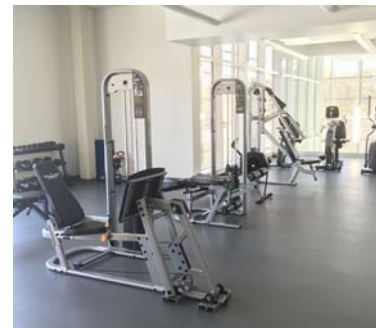
Abbotts Creek has multiple indoor and outdoor locations available for rent. See the next page for details.

### Open play

Abbotts Creek has many free open play opportunities available to patrons. Grab a calendar from the front desk for the monthly schedule! Offerings include Senior, Adult, and Youth/Family Basketball, Volleyball, and Tot Time.

### Drop in classes

Don't have the flexibility in your schedule to commit to a multiple session class? That's ok! We have multiple drop in classes available to you for the price of \$5/session! Take a look at page 2 for a list of opportunities!



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Classes are being added frequently — be sure to keep an eye on the Abbotts Creek website for updated class offerings!

Go to [RaleighNC.gov](http://RaleighNC.gov) and search for Abbotts Creek Community Center.



# Abbotts Creek Community Center Rental Information

Don't forget Abbotts Creek for your next rental! We would love the opportunity to provide you with space for your next birthday party, wedding, business meeting, family reunion, or any other event you can imagine! Rental information is available on the Abbotts Creek webpage. Go to [RaleighNC.gov](http://RaleighNC.gov) and search for Abbotts Creek Community Center! Be sure to call with questions: 919-996-2770.

## Multipurpose Room

**Rental Rate:** \$70 per hour (2 hour minimum)

**Maximum capacity:** 136

**Square Footage:** 56' x 23'

**Attributes:** Sink, counters, TV, projector/screen



## Classroom

**Rental Rate:** \$60 per hour (2 hour minimum)

**Maximum capacity:** 42

**Square Footage:** 26' x 35'

**Attributes:** Dry erase board, TV, sink



## Fitness Studio

**Rental Rate:** \$60 per hour (2 hour minimum)

**Maximum capacity:** 44

**Square Footage:** 26 x 29

**Attributes:** Upstairs, mirrors, TV



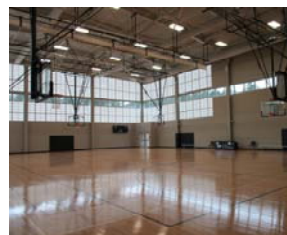
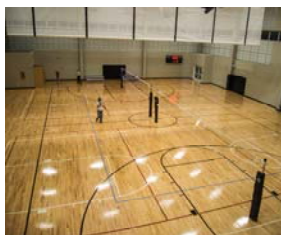
## Gymnasium

**Rental Rate:** \$80 per hour (2 hour minimum)

**Maximum capacity:** 325

**Square Footage:** 82' x 102'

**Attributes:** Air conditioning, wood floor, 6 basketball goals, volleyball nets available



## Warming Kitchen

**Rental Rate:** \$20 per hour (2 hour minimum)

**Attributes:** Microwave, refrigerator, stove, oven, stand alone ice maker, connects to Multipurpose Room with serving counter.



## General rental fees

**Non-refundable Application Fee:** \$15

**Security/Damage Deposit:** \$100

**Supervisory Fee:** \$20/hour (before/after center operating hours)

**Start application process:** 919-996-2770 or

[Abbotts.Creek@raleighnc.gov](mailto:Abbotts.Creek@raleighnc.gov)



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